



Section 8 Newsletter

APRIL 2011

SEMI-ANNUAL PUBLICATION OF THE HOUSING AUTHORITY OF THE COUNTY OF SAN DIEGO

No-Cost Energy Saving Tips

- *Unplug all appliances and electronic items when they are not in use.*
- *Close the vents in unused rooms.*
- *Clean the lint catcher in the dryer before every use.*
- *Wash only full loads of clothes. When possible, wash clothes with cold water.*
- *Turn off lights when you are leaving the room.*
- *Use task lights or desktop lamps rather than overhead lights.*
- *Watch TV with most of the lights in the room turned off.*
- *Use a rolled towel to block breezy drafts underneath doors.*
- *Close all of your windows shades or curtains at night to keep cold air out.*
- *Lock all windows to create a tighter seal.*
- *Turn the water off during your shower – wet down, turn off the faucet, lather up and turn water on.*
- *Cover window air conditioner units.*
- *Wear a sweater and slippers in your home during the winter months.*

Tenant Resources

New Property Listings Available

The Housing Authority of the County of San Diego is now using a new property listing software, Go Section 8. This application is available for tenants to search and find Section 8 rental properties free of charge at: www.gosection8.com.

USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic

The United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) released the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

"Helping Americans incorporate these guidelines into their everyday lives is important to improving the overall health of the American people," said HHS Secretary Sebelius. "The new Dietary Guidelines provide concrete action steps to help people live healthier, more physically active and longer lives."

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity. The 2010 Dietary Guidelines is available at www.health.gov/dietaryguidelines.

Important Links

Department of Housing and Urban Development (HUD): www.hud.gov.

Fair Housing: www.nclifeline.org.

Tenant Legal Assistance: www.tenantslegalcenter.com.

Department of Consumer Affairs: www.dcs.ca.gov.

Renter's Insurance: www.rentersinsuranceinformatin.com.

Email Notifications

Did you know that you can receive an email notification when we update the Section 8 program information on our webpage? To sign up, visit http://www.co.san-diego.ca.us/sdhcd/renters/section_eight.html.

Volunteers Needed

We need you to serve on our Resident Advisory Board. Please see the application on the back of this page.

Title VIII of the Civil Rights Act of 1968 (Fair Housing Act), as amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing related transactions, based on race, color, national origin, religion, sex, familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18), and handicap (disability). If you feel you have been discriminated against, contact HUD Hot Line at (800) 669-9777 or North County Lifeline at (866) 954-3354 x6226.

Volunteers Needed

In addition to the Resident Advisory Board, there is an opportunity for one participant to serve a two-year term on the Housing Authority Board of Commissioners as a Tenant Commissioner.

Commissioners are paid for each meeting they attend and serve along with the County of San Diego Board of Supervisors.

To be a Commissioner you must first serve on the Resident Advisory Board.

RESIDENT ADVISORY BOARD HOUSING AUTHORITY BOARD OF COMMISSIONERS APPLICATION

We are seeking program participants to serve on our Section 8 Rental Assistance and Public Housing programs Resident Advisory Board. The role of the Resident Advisory Board is to assist and make recommendations regarding the development of various Public Housing Authority Plans. Members of the Resident Advisory Board are required to attend at least two meetings a year.

If you are interested in serving on the Resident Advisory Board and have access to transportation, please send your completed application to Anthony McCall:

Email: anthony.mccall@sdcounty.ca.gov.

Fax: (858) 514-6575

U.S. mail:

Mr. Anthony McCall
Housing Authority of the County of San Diego
3989 Ruffin Road, San Diego, CA 92123

If you have any questions, please contact your housing representative. We will contact all applicants over the next 12 months.

Print Name _____

Home Address _____

City _____ Zip Code _____

Telephone _____ Housing Representative _____

In addition to the RAB, are you interested in serving on the Housing Authority Board of Commissioners as a Tenant Commission?

☐ Yes

☐ No

What are your principal areas of interest in serving our community? _____

What relevant experience or special knowledge do you have? _____

Signature

Date